

Sautéed Kale with Delicata Squash

I like to use delicata squash because the skin is very thin and you don't have to peel it. If you can't find delicata squash use butternut squash but peel it first.

2-4 servings

2 Tb coconut oil

¼ tsp red pepper flakes

1 delicata squash, seeded and cut into 1 ½ " pieces

2 cloves garlic minced

1 large bunch kale, stems removed, cut into ½" strips

¼ tsp Celtic sea salt

- In a large sauté pan, heat 2 Tbs of coconut oil over medium heat. Make sure the pan is large enough to hold the squash in one layer
- Add squash, stir to coat with oil. Add red pepper flakes and a pinch of salt.
- Cover and sauté on medium heat to caramelize the squash. You want it to get a little brown. Cook for 5-7 minutes until the squash begins to get tender and brown but don't let it burn.
- Add the garlic. Stir.
- Add kale and sea salt. Sauté for 3-5 minutes stirring frequently until the kale is tender.
- Taste for salt.
- Serve and enjoy.

You can keep it in the refrigerator and serve the next day, reheat before serving. It can also sit out at room temperature for 2 hours, reheat before serving.